

## True Sport – 10 Ideas for Teams

1. Become a True Sport Team at [truesport.ca](http://truesport.ca). Share your declaration and the True Sport Principles with your players and their parents. Add a True Sport logo and link on your team's website.
2. Incorporate the True Sport Principles into your team meetings and training.
3. Ensure coaches are certified in NCCP or sport-specific theory. Encourage positive coaching programs such as the Collaborative, Community Coaching Group.
4. Learn about Canadian Sport for Life ([www.ltad.ca](http://www.ltad.ca)) and incorporate it into your team's program.
5. Have a parents' meeting at the beginning of the season to explain the team's commitment to True Sport. Use a resource such as Sport Manitoba's "Guide for Sport Parents."
6. Identify a True Sport Athlete of the Week and talk about how they embody the True Sport Principles.
7. For older teams, visit a younger team's practice to help the athletes develop their skills and model True Sport behaviour.
8. Provide opportunities for the team to volunteer in the community. Schedule a practice field or arena clean-up day.
9. Encourage leadership by inviting team members to lead a drill during practice.
10. Encourage regular and open communication between coaches, managers and parents. Create an atmosphere of sharing ideas that contribute to a great team experience.

*Go For  
It*

*Play  
Fair*

*Respect  
Others*

*Keep It  
Fun*

*Stay  
Healthy*

*Give  
Back*



TRUE SPORT  
lives here